

WINGSPREAD

Spanish eyes



Denise Guerra and Carlos Menchaca, members of the Guadalupe Dance Company, perform for Randolph men and women during the Hispanic Heritage Luncheon held Oct. 7 at the officers’ club. Mariachis also played while the guests enjoyed their lunch. (Photo by Joel Martinez)

Thirty Randolph first lieutenants selected for promotion

Thirty Randolph first lieutenants received good news from their commanders Thursday when they were told of their selection for promotion to captain. The lieutenants were among 2,796 total selected Air Force wide. The entire list is posted on the Air Force Personnel Center’s Web site at <http://www.afpc.randolph.af.mil/offprom/>.

The Randolph selectees are:

12th Communications Squadron

Matthew Oliver

12th Medical Operations Squadron

Todd Turner

12th Mission Support Squadron

Alejandra Czerniak

562nd Flying Training Squadron

Mario Phillips

Jonathan Reinsch

Jermaine Simon

563rd Flying Training Squadron

Matthew Anderson

19th Air Force

Steven Attaway

Air Education and Training Command

Cory Antosh

Ronald Bell

Damon Hobley

Joseph Lett

Daniel Rigsbee

Denise Burnham

Joshua Harding

Air Force Manpower Agency

Alfred Pena

Joe Roberts

Air Force Manpower Requirements Determination Squadron

James Damato

Air Force Occupational Measurement Squadron

David Allick

Jason Bernal

Tawana Brown

James Calvert

Mary Hrynyk

Kelly Skeens

Joshua Smalley

Air Force OP Test Evaluation Center

Oscar Garcia

Air Force Personnel Center

Jeremy Sherette

Air Force Recruiting Service

Craig Gong

Edmund Williams

Electronic Systems Center

Barry Mattson

12th FLYING TRAINING WING TRAINING TIMELINE

As of Monday			Navigator, EWO training				Wing Flying Hour Program			
Squadron	Senior Class	Overall	562nd FTS	563rd FTS			Aircraft	Required	Flown	Annual
99th FTS	-1.0	0.0	Air Force 232	Undergraduate	52		T-1A	40	46	4,513
558th FTS	7.1	2.5	Navy 79	International	0		T-6A	97	138	10,806
559th FTS	1.3	-0.6	International 4	EWC Course	0		T-37B	66	97	6,472
560th FTS	2.8	3.7	NIFT 47	Fundamentals	21		T-38C	77	96	8,387
							T-43A	12	17	1,071
Numbers reflect days ahead or behind for senior pilot instructor training class and an average for all PIT classes currently in training.			Numbers reflect students currently in training. The 562nd shows source of navigator students. Air Force students include Air Force Reserve and Air National Guard. The 563rd indicates students in specific courses.				The required and flown numbers reflect hours flown between Oct. 1, 2004 to date. The annual numbers are total hours for fiscal year 2005.			

Randolph seeks Ambassadors

The search is underway for two Airmen to be designated as Randolph Ambassadors for 2005. Applications must be submitted by Nov. 19. For more details, see page 19 in this issue of the *Wingspread*.



AIR AND SPACE
EXPEDITIONARY
FORCE

As of Monday, 91 Team
Randolph members are
deployed in support of
military operations around
the globe.

The Randolph
WINGSPREAD
12th Flying Training Wing
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Articles for the newspaper should be submitted by noon Thursday the week prior to the desired publication date. Items can be dropped off on a PC- or Macintosh-formatted disk at the Wingspread office in room 110 of Building 100.

Articles may also be sent by e-mail to wingspread@randolph.af.mil or by fax at 652-5412 or base ext. 7-5412.

For more information about submissions, call 652-5760 or base ext. 7-5760.

Commander’s Action Line

Call 652-5149 or e-mail
randolph.actionline@randolph.af.mil



While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better.

In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment.

When those officials are unable to provide satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

Col. John Hesterman
12th Flying Training Wing commander

Agency contact numbers	
Security Forces	652-5509
Services	652-5971
Civil Engineers	652-2401
Transportation	652-4314
Military Pay	652-1851
Civilian Pay	652-6480
Safety Office	652-2224
Housing Maintenance	652-1856
12th FTW IG	652-2727
Equal Opportunity	652-4376
FW&A Hotline	652-3665
EEO Complaints	652-3749
Randolph Clinic	652-2933
Base Exchange	674-8917
Commissary	652-5102
Straight Talk	652-7469

Language: *Bilingual capabilities
beneficial for career*

By 2nd Lt. Mary Mksell
319th Operations Support Squadron

GRAND FORKS AIR FORCE BASE, N.D. – The ability to speak another language can be beneficial not only for one’s career options but also for life. Parents who speak more than one language often pass on their bilingual capabilities to their children.

Children are better equipped to learn another language than adults, yet some parents feel reluctant or just do not realize the potential of having bilingual children. My parents, for instance, are fluent in English and Spanish. However, I was not raised in a Spanish-speaking home.

Growing up with the last name “Perez” and the features of a born and bred Hispanic has led to the assumption that I speak Spanish. I was raised in a small town 10 minutes from the U.S.-Mexican border in South Texas. Everywhere in the Rio Grande Valley, people can be heard speaking Spanish. At first it did not seem like a big deal to be unable to speak

Spanish since all our schools taught in English, with a few classes reserved solely for Spanish-speaking children. Since my brothers, sisters and I did not go anywhere without my mother, the need to understand Spanish was nil as she was our translator.

It wasn’t until I was in my teens that the effects of not being bilingual set in. Whether my friends and I went to football games, the movies or just to the mall, people would speak to me in Spanish.

Most of my friends, like me, had bilingual parents, but their parents taught them Spanish at home. So I had translators around me, yet I could not help but feel a little left out and a little ashamed.

After high school, I felt better knowing I would be leaving the Valley and not continue to get frowns when I told people I did not speak Spanish, which had began to annoy me.

Why should I have to speak Spanish just because I look Hispanic? Because of that sentiment, I chose to study Russian in college. Yet it did not matter where I

moved, people still looked at me and assumed I spoke Spanish.

Many times in my life I had to pass up opportunities because I am not bilingual. Finding a job in high school seemed difficult since many of the businesses wanted bilingual employees to better handle customer service. In college the opportunity to escort and “house” student nationals usually went to those who were either taking the same language course or were already fluent in their language.

Even in the Air Force there are opportunities, like becoming an attaché or a foreign area officer, where the knowledge of another language or culture would come in handy and, in some cases, be required.

The ability to grow by expanding language capabilities and seeing beyond one’s own culture is rewarding.

Parents who have the ability to teach to their children another language or culture give them a true gift. Such a gift can be passed on for generations.

(Courtesy of Air Force Print News)

Enthusiasm, teamwork key to success

By Lt. Col. John Schaeufele
100th Logistics Readiness Squadron

ROYAL AIR FORCE MILDENHALL, England – The single most important ingredient to any successful organization or operation is pure enthusiasm that comes from within the people of winning teams. Some refer to it as passion, while others call it attitude. But it all starts with one person within a group who believes in a goal and a vision. That person’s contagious spirit sparks a reaction within the organization and soon everyone believes. Then great achievement and success are inevitable.

I sometimes refer to a simple formula for success that I’ve used for many years. “Time, plus tools, plus training, plus attitude equal success.” I attribute this formula to retired Gen. Wilbur L. “Bill” Creech.

The point I see in this formula is the Air Force owes its people time, tools and training. Yet everything leadership does to ensure success is fruitless unless we are passionate about what we’re doing and have that winning mental attitude so vital to success.

Passion is about beliefs. It is manifested within our minds and given action by our bodies to be carried out in our spirits that attract others to our feelings, ideas and values. So how do we spark the passion within ourselves and those with whom we associate?

We start by getting to know ourselves and those closest to us.

Have you ever watched as a team of star athletes fails to win because they didn’t perform well together? The reason is that while each athlete knew his or her personal strengths, they failed

to understand how a unit performing together is greater than the individual strengths of its members.

Supervisors should know what they are good at and what they are not good at. They also need to constantly assess their teammates to focus on the strengths and encourage a winning attitude.

By doing so, they uncover the passion within the team. Remember, enthusiasm is contagious, and having an attitude of “one wins, we all win” will produce organizations that perform greater than single units or individuals.

Unleashing passion brings success. Also true is that excessive criticism demoralizes a team. Child physiologists teach that children become what we tell them they are. Encouragement and praise raise self esteem; focusing on

individuals’ weaknesses lowers it.

The lesson here is “don’t spend time focusing on your faults or the faults of others.” Recognize strengths and encourage them.

A great team is a unit where members know the weakness of their mates but provide support and encouragement that build up every member and raise the overall level of team performance.

Our Air Force leaders, as in every successful organization, are looking for ways to gain a decisive advantage and give us the time, tools and training necessary to gain success in battle today and in our vast future. It is up to each of us to find within ourselves and our teammates the passion, that positive winning attitude. That will guarantee success.

(Courtesy of Air Force Print News)

Congratulations Retirees

Thursday
Col. Rodney Pohlmann
Air Education and Training Command

Senior Master Sgt. Harry Reese
Air Education and Training Command

Retirement announcements should be submitted to the Wingspread office by noon Friday two weeks prior to the desired date of publication. E-mail announcements to randolph.retiree.messages@randolph.af.mil or fax them to 652-5412. For more information, call the Wingspread office at 652-5760.

NEWS BRIEFS

Rental car insurance

The 12th Comptroller Squadron reminds base members that government travelers are not reimbursed for rental car insurance coverage purchased in the United States or its territories and possessions regardless of the vendor from whom the rental car is rented. However, they are reimbursed for mandatory rental car insurance coverage required in foreign countries.

Claims for damage to rental vehicles while being used for official business are reimbursable to the traveler or the rental car company, as appropriate. They are identified as miscellaneous transportation expenses if adjudicated as payable under the procedures set forth in the DOD Financial Management Regulation (Volume 9, Chapter 4). Reimbursement for personal funds paid for damage to a rented automobile while being used on other than official business is not authorized.

For more information, go online to www.dtic.mil/comptroller/fmr/.

Air National Guard opportunities

The Western Washington Air National Guard is hiring Airmen working in the following career specialties:

1C4X1, Tactical Air Command and Control; 2E1X1, Satellite and Wideband Communications Equipment; 2E1X3, Ground Radio; 2E2X1, Electronics Computer and Switching Systems; 2E6X2, Communications Cable Systems; 2G0X1, Logistics; 2S0X1, Supply Management ; 2TXXX, Vehicle Maintenance; 3A0X1, Information

Management; 3C0X1, Communications Computer Operator; 3E0X1, Electrician; 3E0X2, Electrical Power Production; 3E2X1, Pavement and Construction; 3E3X1, Structures; 3E4X1, Utilities; 3E4X3, Environmental; 3E5X1, Engineering; 3E9X1, Readiness Craftsman; 3M0X1, Services; 3S0X1, Personnel.

For more information, call Master Sgt. Tabatha Bennett at 253-512-3368, DSN 370-3368. or e-mail tabatha.bennett@wataco.af.mil.

Military OneSource

Military OneSource is a service for military personnel and their families to assist with life's big and small dilemmas. Through their 1-800 number, OneSource provides free, private counseling 24 hours a day, seven days a week on issues including educational transition, child care, job transition, financial planning and finding reputable plumbers, mechanics, etc. The Department of Defense provides Military OneSource as part of its commitment to support military members and their families.

For help, call 1-800-342-9647.

Hydrant markers on base

The Fire and Emergency Services Flight is applying reflective hydrant markers on base roads each weekend in October.

The process consists of applying adhesive to the road and placing markers adjacent to the hydrants. The location of each work site will be identified for about two hours with an orange traffic cone while the markers dry.

Check ‘floating’ dead in water

New law takes effect Oct. 28 that clears checks when tendered

By Capt. Charles Warren
12th Flying Training Wing Legal Office

Has this ever happened to you? You're at the store and payday is a few days off but you write a check for the purchase anyway, figuring that by the time your check "clears" there will be money in your account to cover it.

Well not anymore. The new federal Check Clearing for the 21st Century Act (Check 21), scheduled to take effect Oct. 28, will make check "floating" a thing of the past by withdrawing money immediately from a person's account when he or she writes a check.

The new federal law is designed to help banks process more checks electronically and efficiently, according to base legal officials. This means that debits of a person's checking account will occur in minutes not days.

Paper checks as a record keeping device will also become a thing of the past with this new act. Instead, banks will replace canceled checks with "substitute checks," paper copies of electronic images of a person's original check. Consumers must have a "substitute check" in order to exercise all of their rights under Check 21 for the "re-crediting" of their account in the event of

transactional error with their account.

The potential impact upon consumers is simple, said officials. Unwary consumers will be more likely to bounce checks because of the enhanced speed and efficiency of check processing. Consumers must bear in mind, they probably will not be able to access funds from checks deposited in their account any sooner because the new law does not shorten check hold times for banks.

The 12th Flying Training Wing Legal Office offers the following tips to help base members adjust their banking habits in response to Check 21:

1) **Check your balance:** Ensure you have sufficient funds in your checking account to cover any purchases made by check.

2) **Request substitute checks:** Although banks are not required by law to issue them to you, be persistent in requesting that substitute checks accompany your bank statements.

3) **Ask for a re-credit in writing:** If you believe you have suffered a loss relating to a substitute check you received, notify your bank, in writing, within 40 days of your bank statement, and make a written request for a re-credit to your account. (Remember, you will need the "substitute check.")

For more information on Check 21, visit www.consumersunion.org/finance/ckclear1002.htm or www.federalreserve.gov/paymentsystems/truncation/default.htm or make an appointment with a legal assistance attorney at the base legal office at 652-6781.

Airmen graduate leadership school

Future NCOs take another step toward supervisory positions

Twelve Randolph senior airmen took another step toward becoming better leaders, by graduating Airman Leadership School Sept. 21 at the enlisted club.

The airmen completed a 24 duty-day academic course, which included 192 hours of instruction on three curriculum areas: Communication skills, leadership and management and profession of arms.

The communications curriculum focused on military briefings, performance feedback worksheets, bullet statements, official correspondence and interpersonal counseling. Proficiency was measured through hands-on performance.

The leadership and management curriculum was measured through objective tests designed to measure comprehension of human resource and leadership principles. Graduates had to achieve an academic average of 70 percent on two evaluations.

The profession of arms curriculum involved uniform inspections, reveille and retreat ceremonies, and a series of lessons on national security, projection of air power, and terrorism.

The students also helped the Air Force Sergeants Association with its

concession booth at Retama Park several times, raising approximately \$1,200 toward purchasing the new official Robert D. Gaylor Airman Leadership School coin. School officials recently announced that the building will be dedicated to the Fifth Chief Master Sergeant of the Air Force in a ceremony later this year.

In addition to their graduation certificate, three students were also presented with awards.

Senior Airman James Zientek of the 12th Security Forces Squadron, received the John L. Levitow Award, which is sponsored by the Randolph First Sergeants' Group, for finishing at the top of the class.

Senior Airman Nicole Brady of the Defense Medical Readiness Training Institute, received the Academic Achievement Award, which is sponsored by the Non-commissioned Officer's Association, for excelling academically on both the performance evaluations and objective phase tests.

Senior Airman Latasha Jacobs of the 12th Medical Support Squadron, received the Leadership Award, which is sponsored by the Randolph Chief's Group, for best exemplifying the characteristics and traits of a leader while attending ALS.

Airman Leadership School is affiliated with the Community College of the Air Force through the College for Enlisted Professional Military Education. Each graduate was awarded nine semester hours toward a CCAF degree.



Senior Airman
Nathaniel Bitting



Senior Airman
Nicole Brady
Academic Achievement Award



Senior Airman
Yesica Figueroa



Senior Airman
Christian Guerra



Senior Airman
Heath Hamilton



Senior Airman
Latasha Jacobs
Leadership Award



Senior Airman
Elizabeth Nava



Senior Airman
Adam Radford



Senior Airman
Mark Teem



Senior Airman
Tricia Williams



Senior Airman
Tyron Williams



Senior Airman
James Zientek
John L. Levitow Award

Officials not destroying military personnel files

By **Jim Garamone**
American Forces Press Service

WASHINGTON – National Archives and Records Administration officials are not destroying any military records, they said. The officials said they are trying to counter an Internet rumor advising veterans to apply for their official military personnel files to save them from destruction. There is no truth to this “urban legend”

being perpetuated on the Web. “We heard it about a month ago,” said Susan Cooper, the archive’s public affairs officer. The records are stored at the National Personnel Records Center in St. Louis where officials said there has been a rise in the number of veterans requesting their records. This takes time away from other legitimate requests, such as veterans requesting separation documents or medical records.

“We have a limited number of people to do the work and anything that ramps the requests up this quickly is a big production issue with us,” said John Constance, NARA’s director of congressional and public affairs. Archivists are digitizing some records, Ms. Cooper said. “We are going to digitize some of them for reference and preservation,” she said. “When records are handled frequently, it causes some wear and tear. The idea is to preserve (the

records), not destroy them.” Officials said the paper records remain intact. NARA preserves and protects the files because they are permanently valuable records that document the essential evidence of military service for veterans. The bottom line is if people receive this sort of e-mail, they should ignore it, officials said. (Courtesy of Air Force Print News)

Base members prepare for Internal ESOHCAMP audit

By **Anthony Martinez**
12th Mission Support Group
Environmental Flight

Randolph undergoes its biennial Internal Environmental Safety and Occupational Health Compliance Assessment and Management Program audit Oct. 25-29. During the audit, environmental, safety and occupational health personnel will visit industrial shops and administrative offices to see if the base is in compliance with federal, state, local and Air Force laws and regulations. The ESOHCAMP audit is not intended to be an exercise in cleaning and disposing of everything related to an environmental regulation. Rather, it is a tool to help ensure the 12th Flying Training Wing is in compliance with the various environmental, safety and occupational health rules and regulations governing Air Force operations. This assessment not only helps base members set future courses of action, but it provides the opportunity for the base to show off its efforts in

environmental stewardship, said base officials. ESOHCAMP covers many technical topics. However, there are a number of steps everyone can take to help. These steps include:

- Ensure hazardous materials are properly labeled and stored.
- Ensure all hazardous wastes are properly identified and disposed of.
- Guarantee that no recyclable materials end up in the trash.
- Those who work with hazardous materials make sure their hazardous communication training is annotated on the Form 55 in their supervisor’s possession.

If people find something hazardous that needs to be disposed of, they should contact the Hazardous Waste Disposal Center in Building 37, and the staff will help them properly dispose of it. The center can be reached at 652-5666. If anyone needs help identifying if something is hazardous or how to label it, they can call the hazardous material pharmacy at 652-5681 for help.

25 YEARS
AGO

in the Wingspread

☆ Chief Master Sgt. of the Air Force James McCoy was on base for a senior enlisted advisors’ workshop. In an interview with the Wingspread, he stated various proposals to change the military retirement system would not affect anyone currently on active duty or awaiting induction. He also said the Weighted Airmen Promotion System was proving to be a great improvement over the former system.

☆ At the invitation of the 12th Wing, the San Antonio Symphony Orchestra presented a free concert to about 2,000 people on base.

☆ The price of meals in Air Force dining facilities increased at the start of the new fiscal year. The daily rate went from \$3.25 to \$3.50. In-flight snacks cost \$0.90 and full meals cost \$1.75. In addition, surcharges of up to \$2.00 per meal were added, depending on per diem status.

☆ The Air Force announced three methods of physical testing. Members could choose a timed run in place, a 1.5-mile run, or a 3-mile walk. People over the age of 35 were required to do the 3-mile walk because of statistically demonstrated propensity for heart attacks.

☆ All three Randolph Pop Warner football teams won their games. The teams were the Rustlers, the Rattlers, and the Rams.

DOD expands anthrax, smallpox vaccination programs

WASHINGTON – The Department of Defense is expanding its anthrax and smallpox immunization programs following an evaluation conducted by the Military Health System. Air Force officials released service-specific guidance recently. Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs, announced that the anthrax and smallpox vaccination programs would include selected units within U.S. Pacific Command, people in U.S. Central Command and other selected groups. “The decision to protect additional personnel with these vaccines reflects our concern for their health and safety, as well as the continuity of essential operations,” Dr. Winkenwerder said. “When we began these vaccination programs, we stated that we would periodically review them, evaluating the threats to our forces and vaccine availability,” he said. “We recently completed such an evaluation and determined that the threat

continues. In light of our successful implementation of these programs and the increased quantities of vaccine, we will include additional forces in the vaccination programs.” Before the anthrax vaccination program slowdown in 2000 and 2001, caused by an unexpected shortage of anthrax vaccine, servicemembers assigned to certain areas in the U.S. Pacific Command were included in the program. The resumption of the program in 2002, however, focused on the U.S. Central Command. The expansion of the program announced by Dr. Winkenwerder resumes the anthrax vaccination program and begins the smallpox vaccination program in selected U.S. Pacific Command areas. It also expands the anthrax vaccination program within the U.S. Central Command. Vaccination offers a necessary extra layer of protection – besides antibiotics and other measures – for servicemembers, emergency-essential civilians and contractors who carry out mission-essential services, DOD officials said.

The program update will continue to include people assigned in or deployed to designated higher-threat areas for 15 or more consecutive days. Officials will offer the vaccinations to family members in the geographic areas on a voluntary basis. They will also pursue vaccination, subject to appropriate people and contractor procedures, of emergency-essential civilian employees and comparable contractors in the specific geographic areas. Currently, only people deemed to be at higher risk in specified units and/or geographic areas will receive the vaccines. Officials did not rule out vaccination of the total force at a future date. Air Force immunizations under the policy update will begin as soon as units schedule vaccinations. For more information, visit the Commanders’ C-CBRNE Resource secure Web site at https://www.xo.hq.af.mil/xos/xosf/xosfc/CCBRNE_resource/index.shtml. (Courtesy of Air Force Print News)

LOWER SEGUIN ROAD
CONSTRUCTION

The first phase of reconstruction of Lower Seguin Road is in progress. This phase includes the closing of Woman Hollering Creek Bridge with access from FM 1518 blocked. This phase of the project should be complete this fall. The South Gate remains accessible by way of Loop 1604.

GATE HOURS DURING HARMON DRIVE CONSTRUCTION

MAIN GATE/HARMON DRIVE

- Monday through Friday two lanes inbound from 6 a.m. to 1:30 p.m.
- Monday through Friday two lanes outbound from 3 p.m. to 6 p.m.
- Closed all other times including weekends, holidays and family days

SOUTH GATE (Two-way traffic)

- Monday through Friday 6 a.m. to 6 p.m.
- Closed weekends and holidays

EAST GATE (Two-way traffic)

- Monday through Friday 6 a.m. to 10 p.m.
- Saturday 9 a.m. to 10 p.m.
- Sunday and holidays 9:30 a.m. to 10 p.m.

WEST GATE (Two-way traffic)

- 24-hour operations, seven days a week
- Commercial vehicle entrance

HIGH SCHOOL GATE

- Closed

Home safety: *Personal preparedness can save lives, prevent injuries*

By Jennifer Valentin
Wingspread staff writer

A fatal injury occurs in the home every 18 minutes and a disabling injury occurs every four seconds, according to the National Safety Council. Solid and liquid poisonings, falls, fires and burns, and suffocation by an ingested object are the top four causes of death in the home.

"With that said, people should really take a look at their homes and make sure they have all the items necessary for a safe family environment," said Staff Sgt. David Roller, 12th Flying Training Wing Safety Office.

Smoke detectors should be on every floor of the home and outside every bedroom, according to the NSC. Carbon monoxide detectors are also necessary for detecting the odorless, colorless and tasteless gas.

Another good fire prevention tool to keep at home is a fire extinguisher, said NSC officials. Fire extinguishers have different categories for different types of fires. For the home, experts recommend a 'BC' or an 'ABC' extinguisher. An 'A' extinguisher should never be purchased for the home, NSC experts warned, because it can cause flames to splatter or cause shocks in an electrical fire due to its water-based substance.

Nightlights are also a good item to have in the home, especially around stairways, in

bathrooms and in bedrooms, said Sergeant Roller. In addition, flashlights should be kept where they are easily reachable in case of a power outage or bad weather.

The sergeant added another good item to have around the home for safety purposes is a one-step stool, for when something needs to be reached in a high or far place. They also prevent injuries when people decide to use something that is not so sturdy, such as a rocking chair, he said.

"Remember, our children watch us when we repair things in our home," said Sergeant Roller. "So if you are doing something wrong, they will think it's okay to do it wrong, too. It is the same with being safe and making sure your home is safe. Make sure you do it right."

First aid kits are another item that is necessary to have in a home, the sergeant added. They should include, among other things, antiseptic ointment, bandages, gauze pads, scissors, tweezers and eyewash, he said.

According to the NSC, grab bars and handrails are also essential in the home, especially in the bathtub or around stairs and steps.

As far as security, deadbolt locks and sturdy doors are a good investment to have on every entrance to the home, according to the NSC. People can ask locksmiths for a lock that is pick and drill-proof.

In case of bad weather, families should also



Jo Ragado checks her home first aid kit for items that need to be replaced or replenished. (Photo by Master Sgt. Lee Roberts)

have an evacuation plan, highlighting the fastest ways out of the house. Families should practice this together often, Sergeant Roller said. Every family should also have a disaster kit, including such items as water, money, tools, a first-aid kit, non-perishable food and flashlights in case of an emergency.

Also, the telephone numbers of emergency personnel, physicians and poison control should be posted in plain view of the family so they can be easily retrieved.

For more information on home safety, visit www.nsc.org, or contact the 12th FTW Safety Office at 652-1842.

Randolph to celebrate junior enlisted appreciation day

By Bob Hieronymus
Wingspread staff writer

This year's Randolph Junior Enlisted Appreciation Day picnic is Oct. 22 from 11 a.m. to 4 p.m. at Eberle Park.

The event, which started in 1996, honors the accomplishments and potential of the base's 2,000 Airmen in grades E-1 through E-6, said event officials.

Sponsored by the Team Randolph Top 3, which includes the Top 3 boards from Air Education and Training Command, Air Force Personnel Center, Air Force Recruiting Service and 12th Flying Training Wing, planning for JEAD is a year-long effort. The Randolph Company Grade Officer's Council, Chiefs Group, and First Sergeant's Council also participate in planning.

"Putting on a base-wide picnic is an expensive proposition," said Master Sgt. Paul Dulin, coordinator for the project. "It can cost upwards of \$6,000 to put on an event like this, so we hold two or three fundraisers during the year. This year, we held a bowl-a-thon and sponsored a food booth at the base 4th of July celebration to raise funds. We also received donations. This way we can invite the junior enlisted Airmen to come without a charge. Everyone else is welcome, of course, at \$3 a ticket."

The sergeant noted any money in excess of the picnic's immediate costs goes into a fund to help pay for the JEAD Dining-in, held in the spring.

In addition to good food and lots of it, the picnic will feature lots of door prizes, the Sergeant said. The prizes will



Base members play volleyball during last year's Junior Enlisted Appreciation Day picnic at Eberle Park. This year's JEAD is Oct. 22. (Photo by Medora Arnaud)

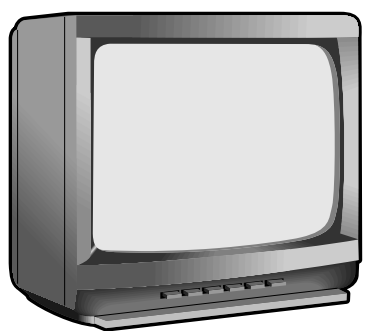
be given out at intervals to junior enlisted Airmen during the day, with the larger prizes held back until later in the afternoon. Tickets are used for the door prize drawings.

"Teams are already forming up in some units to play in games that will go on all afternoon," Sergeant Dulin said.

The informal competition includes horseshoes, cards, basketball, volleyball, and touch football. Other competitions can be arranged by the committee as

interest surfaces, the sergeant added.

Those planning to come should get tickets early through their Top 3 representative so the impromptu chefs can prepare the right amount of food, Sergeant Dulin said. People in AFPC, should call Master Sgt. Tammy Robel at 565-2477; AETC, Master Sgt. Dennis Whitley at 652-3678; AFRS, Master Sgt. J.P. Brown at 565-0340 and 12th FTW, Master Sgt. Bobby Ross at 652-2808.



Commander's Access Channel

On-base TVs connected to cable

People who have televisions connected to cable on base have the capability of viewing the Commander's Access Channel, channel 21.

The access channel provides real-time information about base events and other activities of interest to members of the Randolph community.

The access channel is especially useful when people need to find out details about inclement weather reporting procedures, real-world or exercise activities, gate closures or other events that affect operations at Randolph.

For more information about the access channel or to find out how to post information, call Mike Briggs at 652-5760.

Flying training selection board set for February

The next undergraduate flying training board will be held at the Air Force Personnel Center Feb. 8. Applications must be postmarked by Dec. 29.

Eligible officers are those with a date of birth after May 1, 1975 and a total active federal commissioned service date after May 1, 2000. Hopefuls must send their completed application package, to HQ AFPC/DPAOT3, 550 C Street West Suite 31, Randolph AFB, TX 78150-4733.

The application – Air Force IMT Form 215, Aircrew Training Candidate Data Summary – allows for recommendations from both the applicant's commander and another person. Each applicant may

submit separate letters of endorsement from his or her chain of command, said Howard Peterson assistant to the special flying programs office.

"We recommend that only letters from people ranked above those listed on the 215 be submitted," said Mr. Peterson. "The goal is to make the package as strong as possible."

All prospective flyers should check to see if they need a physical exam and schedule one if necessary. Those trying for pilot training also need to complete the basic attributes test that measures coordination and cognitive abilities.

For more information, call the military personnel flight at 652-2808.

Academy airmanship operations take flight under AETC’s wing

By 1st Lt. Elaine Larson
Air Education and Training Command
Public Affairs

The U.S. Air Force Academy’s airmanship operations realigned under the Air Education and Training Command as the newly named 306th Flying Training Group Oct. 1. Airmanship operations are elective courses at the Colorado Springs, Colo., academy and are aimed at giving cadets first-hand knowledge and understanding of the flight environment.

“Airmanship operations allow them to develop an ‘air sense,’” said Alan Becker, AETC Plans and Programs project officer and 1977 Aacademy graduate.

Cadets can enroll in a soaring course, learning to pilot a sailplane, or do free-fall parachuting, earning their basic military parachute jump wings. Cadets also have the chance to become instructors in various aviation and airmanship programs.

The realignment should be fairly transparent to the rest of the Air Force, Mr. Becker said. “It’s mostly paperwork and transfer of responsibilities.”

The assets, to include the AETC people already at the Academy, will remain in place.

“What will change is a few more folks at headquarters AETC and 19th Air Force focusing their attention on the Academy.”

The realignment allows the Academy to capitalize on AETC’s experiences.

“The change comes in an effort to form a big brother partnership,” Mr. Becker said. “The Academy has successfully run

“By realigning the management of cadet airmanship operations under AETC’s flying training experts, the academy can now devote more time and focus on the leadership and training of cadets.”

Alan Becker
*Air Education and Training Command
Plans and Programs project officer*

airmanship operations for more than 30 years. By realigning the management of cadet airmanship operations under AETC’s flying training experts, the Academy can now devote more time and focus on the leadership and training of cadets.”

“It just makes sense to align the (airmanship operations) under these functional experts,” said Lt. Col. Kyle Lampela, the Academy’s 34th Operations Support Squadron commander.

“We’re the trainers of the Air Force,” said Col. Bryon Mills, AETC Plans and Programs division chief. AETC has extensive expertise in what works and what doesn’t work in training, maintenance, aircraft acquisition and managing day-to-day operations.

AETC, however, will not be accomplishing this new initiative solo.

The airmanship operations at the Academy will be AETC’s to fund and manage, but the airfield real estate remains the Academy’s, Colonel Mills said. Maintaining the facilities will be the job of the Academy, but AETC personnel will be operating them.

“The whole purpose of the airmanship program is leadership through flying,” said Colonel Mills. “So, we end up basically sharing a mission with the Academy. Although the Academy is providing us support to run the facilities, we are in-turn providing support back to them.”

The transformation to a full-up AETC organization will not be immediate.

It may take up to two years, said Mr. Becker, before the transition is complete.

“There are lots and lots of little things to get right, including network connectivity, cadet management systems and syllabi. We’re peeling back the layers of the onion. We can’t do it too quickly or we’ll miss something very important.”

The 306 FTG’s organizational structure will mirror that of other geographically separated units, like the 479th Flying Training Group at Moody Air Force Base, Ga. The 306th FTG will report directly to Maj. Gen. Edward Ellis, 19th Air Force commander.

General Ellis deliberately chose “306” as the designator for the newest addition to the command.

When looking for a unit designation, the Air Force Historical Research Agency at Maxwell AFB, Ala., is called on to look at what designations are available, said

Thomas Manning, AETC’s command historian. The agency then provides a list of the top contenders based on mission similarities to the one that’s standing up and lineage scores (points awarded for campaign streamers, time active, medals, etc.).

“(The AETC History Office) initially requested a unit that had a good tie to flying training, but there wasn’t much to choose from,” Mr. Manning said. So they returned to the AFHRA with a request for other designations with good lineage – the 306th was on the list.

After researching the 306th, the history office found the group had strong connections to the movie “Twelve O’clock High,” Mr. Manning said.

The 1949 movie is said to have modeled its famed and fictitious 918th Bomb Group after the 306th, known for its participation in the major European air raids over Germany, Mr. Manning said. They simply multiplied the group’s designator by three.

The book was used for many years in leadership classes at the Academy and other professional military education schools, Mr. Manning said. Compiled book critiques characterize the book as depicting a group of citizen soldiers turning into a proud, disciplined unit, “the point of the Air Force’s aerial spear.”

While the history office couldn’t verify the myth, it was able to definitively tie the movie to the Air Force and its leadership, providing a connection both AETC and the Academy liked, Mr. Manning said.

Human Resources Office aids in job search

By Jennifer Valentin
Wingspread staff writer

With its new Web site, www.nafjobs.org, launched less than three months ago, the 12th Services Division human resources office has received a huge increase of applications for non-appropriated fund jobs. Luckily, they have a variety of job possibilities available to those applicants.

“We typically receive 200 applications per month, but with the new, easier Web site that allows people to apply online, that number has more than quadrupled,” said Maria Hartman, human resources office director. “We have received more than 3,000 applications and 900 new registrants since the Web site became available.”

The new Web site is the first one in the Air Force with the capability to let managers review the applications online, said Ms. Hartman.

Through the site, applicants can apply for a variety of job opportunities, including those with the youth center, bowling center, enlisted or officers’ clubs, lodging and more.

There are more than 600 non-appropriated funds positions which the human resources office oversees on base, at the Air Force Headquarters Services Agency and at Air Education and Training Command.

“We provide applicants with information



Evelyn Saunier, human resources specialist, reviews the new HRO Web site. (Photo by Jennifer Valentin)

about available openings and instruct them on how to apply online,” said Ms. Hartman.

The human resources office director noted that NAF employment is considered federal employment, however, the money used to pay the salaries of the NAF

employees is different in that it comes directly from the organizations in which they work, such as the clubs and golf course, said Ms. Hartman.

There are two types of NAF positions, Ms. Hartman continued, flexible and regular.

Flexible employees have work schedules that depend on the needs of the place for which they work. These employees may work up to 40 hours per week, and do not receive benefits.

“For example, if someone is hired with the youth center’s after school program, he or she may work in the late afternoon, rather than the morning,” said Ms. Hartman.

Regular NAF employees work between 20-40 hours per week, depending on their position. In addition, these employees receive benefits such as medical insurance.

To register and look for jobs on the Web site, applicants must be sure to complete all areas under the “personal tools” menu bar. Once the applicant has created a Login ID and completed all the areas under the “personal tools” menu, he or she will be able to apply for jobs by selecting the “apply” button to the right of each position listed.

The human resources office is located in Building 598, on the corner of 5th Street East and F Street. They are open Monday through Wednesday from 7:30 a.m. to 4:30 p.m., Thursday from 7:30 a.m. to 12:30 p.m., and Friday from 7:30 a.m. to 4:30 p.m. The office is closed weekends and holidays.

For more information, call 652-5273, or visit www.nafjobs.org.

Making headlines

Elementary school teacher receives award

By Jennifer Valentin
Wingspread staff writer

A Randolph Elementary School teacher was recently honored by KENS 5 television news and the San Antonio Federal Credit Union for her work with first graders.

Evie Cutcliff, who has been teaching at the school for 12 years, was presented with the ExCEL Award Tuesday at a ceremony at the elementary school.

According to officials, the ExCEL program focuses on the excellent teaching practices taking place every day in the public schools. One teacher from each local district is selected to receive the ExCEL Golden Apple

trophy and a check for \$1,000.

“I am very excited about winning this award and I know that there are many deserving teachers in this district,” said Ms. Cutcliff. “I am honored to represent Randolph.”

Ms. Cutcliff said she knew she wanted to become a teacher after she saw how much influence teachers made in her life.

“I knew I could make a difference and help students feel good about themselves,” she said. “I love coming to work each day, getting smiles and hugs constantly – knowing that I am helping my students become independent and self-directed.”

Ms. Cutcliff has been a teacher for 25 years. Aside from Randolph, she

has also taught pre-kinder, kindergarten, second and third grades at other school districts within Texas, Idaho and Nebraska.

The first grade teacher is involved in several school committees including the Campus Improvement Committee and the Hospitality Committee. In addition, Ms. Cutcliff is a math tutor.

“The best part of teaching at Randolph is that everyone has the same goal – to help every child in every way to make sure they are ready for the future,” said Ms. Cutcliff. “I am lucky to have a wonderful team to work with.”

For more information on the award, visit www.sacu.com.

“I love coming to work each day, getting smiles and hugs constantly – knowing that I am helping my students become independent and self-directed.”

Evie Cutcliff
Randolph Elementary school teacher



Air Force revises career job reservation ‘wait list’

The Air Force has revised the career job reservation list in an effort to meet end strength goals under Force Shaping.

While five new Air Force specialties have been identified as constrained, another six have been released from the list. All constrained Air Force Specialty Codes receive quotas; have a rank order/wait list established, and all first-term Airmen will need to apply within the appropriate CJR application windows.

“All first-term Airmen must have an

approved career job reservation prior to reenlisting in the Air Force,” said Master Sgt. Dee Wolfe, Air Force Personnel Center NCO in-charge of Air Force Reenlistments. “That job reservation may now be a little bit harder to get depending on their specialty.”

“The list of constrained Air Force specialties and quotas are established by Air Staff,” she added.

Limiting CJRs is the latest in a series of Air Force initiatives to ensure the service keeps people only where they are needed.

What that means is first-term Airmen serving in career fields that are currently constrained may not be allowed to reenlist, unless they are approved to retrain in another specialty.

“Those who are not approved for retraining or do not receive a CJR will be projected for separation,” said Sergeant Wolfe. “We encourage airmen to continue serving the military with the Air National Guard, Air Force Reserve, through military civilian employment, or through an inter-service transfer to the Army via blue to green.”

Only first-term Airmen selected for reenlistment by their commander under the Selective Reenlistment Program will be allowed to apply for a CJR.

For further information and a complete list of constrained AFSCs, please contact the local Military Personnel Flight’s reenlistment office or visit the CJR website at <http://www.afpc.randolph.af.mil/enlskills/Reenlistments/CJR.htm>

(Courtesy of Air Force Print News)

Boy Scouts of America

Base program provides beneficial activities, friendships

By Jennifer Valentin
Wingspread staff writer

The Randolph Boy Scouts gives its members the chance to make friends, have fun and take part in a variety of activities.

The base program consists of one Cub Scout den with 13 members and one Boy Scout troop with 17 members. All base dependents between ages 11 and 17 who are youth center members are welcome to join.

The Cub Scouts are for boys ages 8-10, and the Boy Scouts are for boys ages 11-17.

“Joining the Scouts today, children have a wide variety of activities to participate in that meet their needs for sports, academics, social situations and

community service,” said Allan Tucker, Randolph Boy Scout troop leader. “The base scouting program provides a structured environment where the boys can have fun while being supervised by trained and concerned leaders.”

According to Mr. Tucker, the base scouts are involved in many different activities throughout the year including camping trips, parades and community service projects.

This year, they attended summer camps at various locations, such as the Davis Mountains, Enchanted Rock, Lost Maples and Canyon Lake. The Scouts also participated in camping trips with other local Boy Scout troops and marched in several parades both on and off base.

Mr. Tucker noted that the boys’ contributions to the

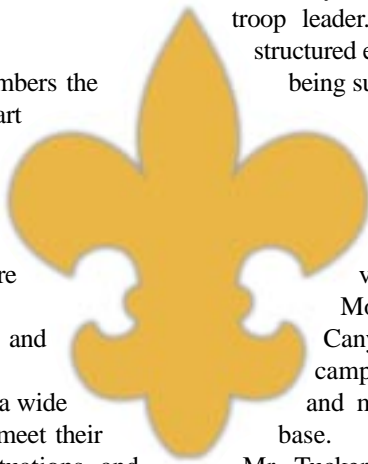
community have been numerous as well.

“This year the boys contributed to the clean-ups of Port Aransas and the Guadalupe River, helped with the Animal Rescue Refuge, and sold popcorn as part of a troop fundraiser,” he said. “They definitely worked hard.”

The base scouts meet every Monday from 7-8:30 p.m. at the scout hut, located on Perimeter Road by the hunt and saddle club. Currently there are about 5 adult leaders but they could always use more, Mr. Tucker noted.

“If anyone is interested in volunteering as a scoutmaster, assistant scoutmaster or committee member please let us know,” Mr. Tucker said. “We could really use more dedicated adults to help lead these great kids.”

For more information on joining the Randolph Boy Scouts or for more information on volunteering as an adult leader, call Mr. Tucker at 654-6795.





Staff Sgt. Jose Hernandez of the 12th Operations Support Squadron visually checks an aircraft in the landing pattern from the Randolph east control tower. (Photos by Dave Terry)

Ready for Takeoff

Changes on the horizon for control tower operations

By Bob Hieronymus
Wingspread staff writer

Military aviation is a team effort. From mission planning, to take off, landing and finally to maintenance, there are many people involved. But the last voice from the base pilots hear when taking off and the first voice they hear when landing is the voice of a control tower team member.

There are changes coming in the Randolph towers though, according to base officials. For one, the controllers' voices will all be civilian by June.

"This change comes as a part of the strategic sourcing process which began several years ago," said Senior Master Sgt.

Charles Bailey, 12th Operations Support Squadron chief controller. "We already have four civilians on staff and will be hiring the next group by the end of October."

"Our experience with civilians has been excellent so far," the sergeant continued, "probably because all of the ones now on staff have prior experience as military air traffic controllers."

One of the criteria for the new hires is that they have at least 10 years experience in air traffic control.

"This means that we will not be training people new to the business," the sergeant said. "There won't be any more 'three-level' people to bring up to speed."

Sergeant Bailey pointed out that this

change in manning is a two-edged sword for the Air Force.

"While we will benefit from the continuity of a permanent work force and increased experience levels, there will be that many fewer qualified Airmen available for overseas assignments and deployments," he said.

Of the 40 assigned Randolph air traffic controllers, five are currently deployed.

The sergeant said the supervisor of flying position, always manned by a rated officer during times when training flights are scheduled, will continue. The SOF is responsible for monitoring flight training operations and coordinates activities in the event of an emergency.

Randolph is unique among all Air Force bases in that it has two parallel runways, 6,300 feet apart, both in operation at the same time and with dedicated control towers for each. This creates unique flight control procedures.

The old safety requirements dictated aircraft landing here, even on the parallel runways, had to be separated by at least three miles, Sergeant Bailey said.

Another change is the new radar display system in the towers, the Simultaneous Instrument Landing System, has been in place for a month. Arrivals can now be conducted on both runways at the same time, even when passing each other about one mile apart, as they both fly down final approach to landing.

Senior Airman Austin Crowe, SILS controller on duty, explained how the system works.

"The SILS display allows us to see all aircraft in the landing pattern and instantly determine if there are any separation problems. We can then direct the aircraft on how to change their flight paths so that the aircraft can remain safely separated," he said. "Our display is slaved from radars at San Antonio International Airport, and it gives very detailed position information on aircraft in our landing patterns. Depending on which display options we select, we can also view the data on all aircraft in the airspace 100 miles around our airfield."

With SILS, air traffic handling on Randolph are effectively doubled, Sergeant Bailey added.

Senior Airman Austin Crowe of the 12th Operations Support Squadron monitors the display of the Simultaneous Instrument Landing System in the Randolph east control tower. This new system gives air traffic controllers better information about aircraft positions in the landing patterns of Randolph's unique parallel runways.



Randolph Ambassadors

Randolph Ambassador 1st Lt. David Allick waves to the crowds from the Joint Services float at the Battle of the Flowers parade during the 2004 Fiesta celebration in April. (Courtesy photo)



Base seeks two representatives for 2005

By Staff Sgt. Lindsey Maurice
12th Flying Training Wing Public Affairs

All members of the U.S. Air Force are considered Ambassadors – “Ambassadors in Blue” that is. But here in the Alamo City, two special Randolph Airmen are selected each year to carry an even bigger ambassador title, that of “Randolph Ambassador.” This year’s search is now underway.

The program, which first took off in the late 1980s, gives Airmen the opportunity to participate in San Antonio’s rich cultural heritage by representing the base at a variety of activities throughout the year such as hospital visits with veterans, community parades, dedication ceremonies and receptions, said Susan Gandy, 12th Flying Training Wing Public Affairs chief of community relations.

“The great thing about the ambassador program is that it gives us the opportunity to show the local community what wonderful men and women we have serving at Randolph,” Ms. Gandy said. “This year’s Ambassadors have done a wonderful job and have been such positive role models to

many people within the community.”

One of the biggest events the Ambassadors participate in during the year is the celebration of San Antonio’s history and culture – Fiesta. During the 10-day celebration, which runs from April 15-24 next year, the Ambassadors are involved in a variety of activities, including parades and receptions.

Current Randolph Ambassador, 1st Lt. David Allick of the Air Force Occupational Measurement Squadron, noted the festival, although a lot of fun, takes a great deal of commitment.

“During the 10 days of Fiesta you have to have a lot of endurance,” the lieutenant said. “Your days start early in the morning and sometimes don’t end until midnight or early morning the next day, so it can be exhausting at times. But on the same note, every part of Fiesta was worth it. Being an Ambassador during the event I got to see a whole other side to the celebration that not many others get to experience.”

Lieutenant Allick’s co-ambassador, 1st Lt. Amanda Kitchen of the 12th Operations Group, added Fiesta isn’t the only challenging part of being a Randolph Ambassador.

“Being an Ambassador can be very time consuming,” Lieutenant Kitchen said. “So I wouldn’t recommend the program to those who are not willing to spend time away from their family and friends, especially during Fiesta. As an ambassador, you also have to be very outspoken and willing to be in the public eye because you are constantly being observed.

“But ultimately, those considering applying to be an ambassador must realize that as an ambassador they will be representing the base, the military and the community. As they go out to these events, they need to look their best, be enthusiastic and just have fun.”

Applicants, both military and civilian, must be assigned to Randolph through September 2005 and be at least 21 years old as of February 2005. In addition, their supervisors or commanders must nominate them.

A selection panel will interview the candidates Dec. 8 and select one male and one female ambassador, based on appearance, bearing, communication skills and general knowledge of San Antonio and the Air Force.

All applicants should talk with their supervisors and



Randolph Ambassadors, 1st Lt. David Allick, left, and 1st Lt. Amanda Kitchen present a Valentine’s Day card to Frederick Lewis, a patient at the Audie Murphy Veterans Hospital. (Photo by Melissa Peterson)

commanders to ensure their duty schedules permit participation in all activities, including rehearsals, and that no obligations, such as planned temporary duty assignments, school and other personal issues, prevent them from performing ambassador duties, said Ms. Gandy.

Randolph members interested in applying can pick up an application at the 12th Flying Training Wing Public Affairs office in the west basement of the “Taj Mahal,” Building 100. Applications are due Nov. 19.

For more information, call 652-4407.



Randolph Ambassadors, 1st Lt. David Allick, left, and 1st Lt. Amanda Kitchen greet Lady Bird Johnson at the annual wreath laying ceremony in honor of her late husband’s birthday on Aug. 27. (Photo by Javier Garcia)

Columbus Day hours

Airmen’s Dining Facility

Brunch 8 a.m. to 1 p.m.

Dinner 4-6 p.m.

Bowling Center

1-9 p.m.

Canyon Lake

9 a.m. to 5 p.m.

Enlisted Club

No lunch buffet

Pub open noon to 8 p.m.

(Pub menu available)

\$15,000 Holiday Bingo 6 p.m.

Early Bird Cashier Cage - closed

Fitness Center

9 a.m. to 5 p.m.

Golf Course

6:30 a.m. to Dusk

– **CLOSED** –

Child development center and annex

Family child care office

Human resources office

Information, tickets and travel office

Equipment checkout

Library

Officers’ club

Skeet range

Skills craft center

Auto skills center

Wood skills center

Veterinary clinic

Youth center

Home, sweet home



Yolanda Castiello, Randolph Inn housekeeper, prepares a room in the lodging area for new occupants. The Randolph Inn is available for use by all active duty or retired military members in any branch of the service and Department of Defense employees. The Inn offers approximately 566 rooms at a minimal charge of \$21 to \$37.50 per night. Lodging is located in Building 112. For more information, call 652-1844. (Photo by Jennifer Valentin)

Fit to fight

In an effort to recognize those Team Randolph members who achieve an “excellent” rating on the Air Force Fitness Test, which is a 90 percent or above, the *Wingspread* has implemented this “Fit to Fight” column, in which the names of these individuals and their unit are featured. Scores are divided into two categories – those who score 100 percent and those who score between a 90 and 99.95 percent.

The following are members who recently earned this benchmark score:

90s and above:

340th Flying Training Group

Maj. Teresa Hamlin, 98.75

Senior Master Sgt. Susan Mullis, 93.5

Lt. Col. Robert Williamson, 92.50



SPORTS SHORTS

Running symposium

The health and wellness center hosts a running symposium for novice and intermediate runners Oct. 27 at 1 p.m.

The class is designed to teach runners about training progression, the need for a proper warm-up and cool-down before and after every workout, common running injuries, injury self treatments and how to select the proper running shoe for their foot type.

For more information or to sign up, call 652-2300.

Tobacco cessation class

The health and wellness center offers two tobacco cessation classes Oct. 19 at 10:30 a.m. and 5 p.m. During the class, participants learn alternatives to tobacco use and receive either the prescription pill Zyban or the patch at the end of the class to help them quit.

For more information, call 652-2300.

Life skills workshop

The health and wellness center hosts a life skills workshop Wednesday at noon. The workshop, which is divided into four sessions, is designed to teach people the necessary skills to interpret and deal with stressors.

To sign up or for more information, call 652-2300.

Aerobic classes available

The fitness center offers a variety of aerobic classes Monday through Friday including step, super step, combo, cardio/kick boxing, cycling, body conditioning, sports conditioning and yoga. Classes are held at various times throughout the day.

The fitness center also offers a kick boxing class Saturdays from 9-10 a.m. and a cycling class from 10-11 a.m.

For a complete list of times for weekday classes, stop by the fitness center, or call 652-5316.

Jogging and stationary program

Base joggers can join the fitness center’s jogging and stationary program and earn a free t-shirt when they log a certain amount of miles. A mileage card is maintained at the main desk and every time a jogger travels a certain distance he or she can add that to his or her card. Awards are given for 100 miles, 500 miles, 1,000 miles, 1,500 miles, 2,000 miles and 2,500 miles. For more information, call 652-5316.

Family golf special

The Randolph Oaks Golf Course offers a family special Monday through Friday after 6 p.m. Adults can golf for \$2 and children for \$1.

For more information, call 652-4653.

Intramural
Bowling
Standings



As of Sept. 27

Team	W	L
AFPC/ESC	28	12
SVS #1	26	14
DFAS	24	16
CS	24	16
SFS	24	16
RS	22	18
JPPSO	22	18
AMO #1	22	18
CPTS	22	18
AETC 900	21	19
AETC/FM	21	19
AFPOA	20	20
AFSAT	20	20
AFPC TOO	20	20
MED GP	20	20
AETC/CSS	18	22
AFMA	18	22
340 FTG	18	22
SVS TOO	18	22
AETC/LG	18	22
AMO TOO	16	24
LRS	16	24
AFSVA	14	26
AETC/DP	8	32

TEAM SCRATCH SERIES

Team	Score
AFPOA	2756
SVS	2736
AETC/CSS	2608

TEAM HANDICAP SERIES

Team	Score
AETC 900	3454
AFSAT	3426
CPTS	3350

TEAM SCRATCH GAME

Team	Score
AFPC TOO	988
JPPSO	941
SFS	885

SCRATCH SERIES

Men	Score
Tim Coble	682
Barney Frampton	661
John Robinson	625
Women	Score
Judy Smith	568
Heather Hellmann	538
Mary Morales	359

SCRATCH GAME

Men	Score
Walt Banks	256
BFI Morgan	236
Jerry Harris	233
Charlie Woods	233
Women	Score
Deb Hayes	201
Pat Knight	159
Teddy Lantrip	159
Sue Mullis	134

Friendly competition

Base members gear up for Wing Sports Day

By Staff Sgt. Lindsey Maurice
12th Flying Training Wing Public Affairs

Members of the wing will be pitted in friendly competition against one other for bragging rights during Wing Sports Day Oct. 29.

The day-long event kicks off at 8 a.m. with a 5K run on the flight line followed by a variety of competitive sports to include tennis, golf, softball, volleyball, racquetball and basketball. This year's organizers also added a few recreational events to the lineup such as bowling, table tennis, dodge ball, horseshoes, tug-o-war, and sit-ups and push-ups contests.

"We have a lot of great events planned for everyone in the wing to enjoy," said 2nd Lt. Ellen Stimmel, Randolph Fitness Center officer in charge. "We just hope everyone is able to come out and have a good time."

The time and location of each event varies, according to Lieutenant Stimmel. Unit representatives have a list of when and where each activity is. Also, the fitness center will provide participants with maps of event locations.

The lieutenant noted the winners of each event will receive an award at the end of the day during an awards ceremony at 5 p.m. A grand prize trophy will also be presented to the squadron with the most points at the end of the events.

To sign-up for an event or for more



A ping pong tournament takes place at a previous Wing Sports Day. (Photo by Jennifer Valentin)

information, unit members should contact their unit representative. For the 12th Communications Squadron, call 1st Lt. Ronald Spencer at 652-4042; 12th Comptroller Squadron and 12th Mission Support Squadron, call Tech. Sgt. Terry Burden at 652-4376; 12th Logistics Readiness Squadron, call Tech. Sgt. Teresa Matthews at 652-4033; 12th Security Forces Squadron, call 1st Lt. Judson Citrowske at 652-5700; 12th Medical Group, call Airman

1st Class Allen Horen at 652-4373; 12th Operations Group, call 2nd Lt. Morgan Ellison at 652-2923; 99th Flying Training Squadron and 560th Flying Training Squadron, call Senior Airman Doanh Pham at 652-3412; 558th Flying Training Squadron and 559th Flying Training Squadron, call Staff Sgt. Kelli Bostian at 652-4435; 562nd Flying Training Squadron and 563rd Flying Training Squadron, call Lt. Bill Wilkinson at 652-1020.

Wing Sports Day schedule

EVENT	TIME	LOCATION	TEAM/UNIT
5K Fun Run	0800	Flight Line	No max.-min. 4 male and 2 female
Tennis (singles)	0800	Location A/Yankee field	Max. 2 male and 2 female
Golf	0800	Golf Course	Max. 2 teams of 4 players
Bowling	0800	Bowling Center	Max. 3 teams of 5 bowlers
Horseshoes	0900	Location A/Yankee field	Max. 2 teams
Softball	0900	Rambler Field	Max. 1 team
Skeet	0900	Skeet Range	Max. 2 teams
Volleyball	0900	Hangar 71	Max. 2 teams
Racquetball (singles)	1000	Hangar 71	Max. 2 male and 2 female
Table Tennis (doubles)	1000	Youth Center	Max. 2 teams
LUNCH	1100-1300	Location A/Yankee field	EVERYONE WELCOME
Tennis (doubles)	1300	Location A/Yankee field	Max. 2 teams
Dodge Ball	1430	Hangar 70	Max. 1 team
Sit-up contest	1415	Hangar 71	Min. 1 male and 1 female
Hotshots	1300	Hangar 71	Max. 2 teams
Commander's Challenge	1330	Grater Field	Max. 1 team
Push-ups	1400	Hangar 70	Max. 1 team
Tug-O-War	1500	Location A/Yankee field	Max. 1 team

AWARDS CEREMONY

Proper nutrition expedites weight loss

By Airman 1st Class Christie Putz
92nd Air Refueling Wing Public Affairs

FAIRCHILD AIR FORCE BASE, Wash. – The low-carb diet. The low-fat diet. The cabbage soup diet. The grapefruit diet. The shake diet.

There are "miracle" pills that claim weight loss without ever stepping foot in a gym. And there are a variety of herbal supplements for the earth-and-body-conscious consumers.

It is all enough to make a person wanting to shed a couple pounds go crazy. So what is true and what is false?

"If you hear somebody say you can lose 30 pounds in a month healthfully, they lied to you," said Staff Sgt. Rebecca Caldwell, noncommissioned officer in charge of diet therapy for the 92nd Aeromedical Dental Squadron.

In reality, healthy weight loss averages one-half to 2 pounds a week.

"If you're losing any more than that, then you're not losing fat; instead, you're losing muscle mass," she said.

Losing weight is not an overnight process, Sergeant Caldwell said. The only way someone can safely lose weight and truly keep it off is to change their current eating habits for the better.

Health and wellness center staffs promote a nutrition plan that most people have been familiar with since childhood: the food pyramid.

While people think they are familiar with the pyramid and what it teaches, many either forget or do not know about one of its main teachings.

"In today's society everything is oversized," Sergeant Caldwell said. "Most people just don't understand what a normal portion size is."

For example, six to eleven servings of breads and grains does not necessarily mean

six to eleven bowls of pasta or cereal. A bowl of pasta may equate to two or three servings.

This lack of knowledge, coupled with unhealthy food choices, is the quickest way to pack on pounds.

It is all things most people have had driven into their minds since grade school, but a lot of times adults forget. That is where the HAWC comes in.

Besides classes on proper nutrition, the centers have a registered dietician on staff to assist people.

The dietician can sit down with clients and help work out a plan that compliments their lifestyle and helps them meet their goals.

Besides traditional dietary advice, dieticians also counsel people on proper nutrition for diabetics, expectant mothers, those with high cholesterol and just about any other condition.

Wellness center visitors can get books full of healthy recipes, tools to help with portion or calorie counting and handfults of literature explaining the effects of a healthy lifestyle.

"The body is like a car, and food is our fuel," Sergeant Caldwell said. "You wouldn't put dirty gas into a car, so why put unhealthy food into your body?"

Like a fine-tuned machine, the human body and automobiles share several likenesses. The better they are taken care of, the longer they are going to last and the better they are going to perform.

The body also needs routine maintenance in the form of cholesterol and blood-pressure checks.

However, the main difference between the two is people are only given one body; there is no trading it in or getting a new one.

For more information on healthy dieting, call the HAWC at 652-2300.